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Dear Mega Indrawati Onggo

We have reached a decision regarding your submission to GUIDENA: Jurnal Ilmu Pendidikan, Psikologi, Bimbingan dan Konseling, **"DINAMIKA PSIKOLOGIS PENDERITA GANGGUAN PSIKOLOGIS SKIZOFRENIA"**.

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DINAMIKA PSIKOLOGIS PENDERITA GANGGUAN PSIKOLOGIS SKIZOFRENIA

PSYCHOLOGICAL DYNAMICS OF PATIENT WITH SCHIZOPHRENIA DISORDER

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Abstract

The number of people with schizophrenia is increasing every year. Schizophrenia is also a severe psychological disorder. The purpose of the study was to determine the dynamics of schizophrenic disorders through knowing the causes factors internally and externally and the interaction of the two factors. The study used a case study method with a qualitative approach. The number of participants in the study was one person, Ryan who had been diagnosed with schizophrenia disorders since 2010. The examination used interviews, observation, and several psychological test kits. The results show that several factors influence the appearance of schizophrenic disorders. Internal factors such as personality types, maladaptive coping skills in dealing with problems, and consumption of drugs, especially those containing amphetamine. External factors such as parenting and problems their facing. These internal and external factors interact to make a person susceptible to schizophrenia and trigger relapse. The results of the study help prevent schizophrenia disorders in the future through psychoeducation to parent and intervention on coping skills and emotional regulation of people with schizophrenia.

Keywords: external factors, internal factors, schizophrenia disorder

Abstrak

Jumlah penderita gangguan skizofrenia semakin meningkat setiap tahunnya. Skizofrenia juga merupakan gangguan psikologis yang parah. Tujuan penelitian adalah mengetahui dinamika gangguan skizofrenia melalui mengetahui faktor penyebab secara internal dan eksternal serta interaksi kedua faktornya. Penelitian menggunakan metode studi kasus dengan pendekatan kualitatif. Jumlah partisipan penelitian adalah satu orang, yaitu Ryan yang sudah didiagnosis terkena gangguan skizofrenia sejak tahun 2010. Pemeriksaan menggunakan wawancara, observasi, dan beberapa alat tes psikologi. Hasil menunjukkan bahwa beberapa faktor yang mempengaruhi munculnya gangguan skizofrenia. Faktor internal berupa tipe kepribadian, keterampilan coping yang maladaptif dalam menghadapi masalah, dan konsumsi obat terlarang khususnya yang mengandung *amphetamine*. Faktor eksternal berupa pola asuh dan masalah yang dihadapi. Faktor internal dan eksternal tersebut saling berinteraksi membuat seseorang rentan terkena gangguan skizofrenia dan memicu *relapse*. Hasil penelitian dapat membantu mencegah gangguan skizofrenia di masa mendatang melalui psikoedukasi orangtua dan intervensi pada keterampilan coping dan regulasi emosi penderita gangguan skizofrenia.

Kata kunci: faktor eksternal, faktor internal, gangguan skizofrenia